

# September is Self-Improvement Month

Judith Kirk, Organizing Resources

Published in NAPO-CT News September/October 2003

September ideas for long-lasting changes.

**S** ~ Simplify! Let go of the excess.

**E** ~ Education. Maintain the attitude of a student. There is always more to learn.

**P** ~ Perfectionism stifles forward movement.

**T** ~ Treat yourself kindly. Positive self talk produces results.

**E** ~ Easy does it. Too many quick changes confuse the psyche.

**M** ~ Measure progress in small increments.

**B** ~ Be flexible.

**E** ~ Exercise and eat healthy meals.

**R** ~ Remember that nothing adds more meaning to life than discovering that you do make a difference.